



Promoting Mental Wellbeing Among Young Adults Using a Digital Mental Health Application

A digital health intervention to reduce stress and anxiety



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BACKGROUND

Mental health difficulties among young adults aged 18–25 represent an increasing public health concern worldwide (World Health Organization, 2022). Anxiety, stress, and low mood can negatively influence academic achievement, social relationships, daily functioning, and overall quality of life (NHS England, 2023). However, many young adults experience barriers when accessing traditional mental health services, including stigma, limited availability, waiting times, and financial constraints (Naslund et al., 2016). Digital mental health applications provide an accessible, confidential, and scalable approach to delivering psychological support. These technologies can promote early intervention, self-management, and mental wellbeing among young adult populations (Torous et al., 2018).

Expected Outcomes and conclusion

- ✓ Reduce stress and anxiety symptoms
- ✓ Improve emotional regulation and coping skills
- ✓ Increase mental health awareness and literacy
- ✓ Encourage early help-seeking behaviours
- ✓ Improve accessibility to mental health support
- ✓ Reduce inequalities in mental healthcare access

(van Agteren et al., 2021; Naslund et al., 2016).

conclusion

Digital mental health applications represent an innovative and accessible approach for promoting mental wellbeing among young adults. By combining evidence-based psychological strategies with digital technology, these interventions can encourage early support-seeking, self-management, and healthier coping behaviours (Torous et al., 2018).

Policy implications: Digital mental health interventions should be considered within universities, community services, and primary healthcare pathways.

Educational implications: The intervention can improve mental health literacy and encourage proactive self-care.

Future research: Long-term studies are required to evaluate effectiveness, engagement, safety, and accessibility across diverse populations.

Health Promotion Principles and Values

The proposed digital mental health application reflects key health promotion principles by supporting empowerment, accessibility, participation, and equity (Nutbeam and Harris, 2004).

Digital Mental Health App Supports:

- Empowerment → Users manage their own wellbeing
- Equity → Accessible support for different populations
- Participation → Encourages active involvement in mental health care
- Ottawa Charter Principles → Builds individual skills and supportive environments (Office for Health Improvement and Disparities, 2022) (World Health Organization, 2022).



BEHAVIOURAL CHANGE THEORY

The intervention is guided by the Health Belief Model (HBM), which explains how individual beliefs influence health-related behaviours (Rosenstock, 1974).

Health Belief Model (HBM)

- Raises awareness of stress and anxiety. (Rosenstock, 1974).
- Promotes mindfulness and CBT to improve wellbeing. (Firth et al., 2017).
- Reduces barriers through confidential, accessible support. (Naslund et al., 2016).
- Uses reminders and goal tracking to encourage long-term self-management. (Bandura, 1997).



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